



A NEW WAY OF SLEEP



A WORD FROM DR. TAMBURINI,  
THE VEIN SPECIALIST  
BEHIND CLIMSOM

I have been a vein specialist and angiologist for about 25 years.

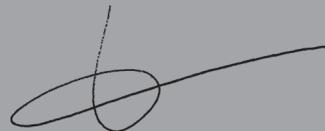
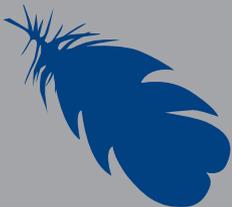
Between the months of April and September, about half of all consultations in my practice concerns disrupted sleep problems caused by pain in the lower limbs in patients suffering from venous insufficiency. Each patient asks the same question : "Doctor, what do you suggest in order to relieve the pain at night?"

When you have exhausted the traditional and effective but insufficient treatments to find comfort at night and when have you adopted the lifestyle recommendations, you are left with the "good old remedies" such as cold showers or menthol gel.

I thus dreamt of a system with an air-conditioned mattress topper as we know that cold provides quick relief due to its longstanding properties: analgesic, anti-inflammatory, and vasoconstriction.

The CLIMSOM mattress topper is simple and effective and does not require you to change bedding.

I now receive testimonials from users who start having nights of restful sleep and "come alive again." It is a true pleasure for a healthcare professional. I am also delighted to see that this product goes beyond my profession and expectations because the thermoregulation that powers CLIMSOM helps us discover new uses in many situations in addition to patients with venous insufficiency.



# INNOVATION IN WELL-BEING: CLIMSOM, THE COOLING AND HEATING MATTRESS TOPPER

**CLIMSOM® is the first mattress topper to make it possible to cool or heat your bed and to choose your personal comfort temperature at bedtime and all through the night.**

It's the first device adaptable to all bed sizes to bring coolness or warmth to the sleeper. You control your sleep temperature to the degree, from 18 to 48° C (64-188° F).



*CLIMSOM uses a natural process of water circulation. The water circulates via a network of thin pipes into the mattress topper, which you put under the sheet. The water is cooled or heated by a thermoregulator you keep next to or under the bed.*



*No matter what your bed size, a CLIMSOM mattress topper (190x70 cm and 190x140 cm) will fit it and allow each person in the bed to sleep comfortably.*

## **Why would I need to cool or heat my bed?**

The cold effect relieves heavy legs, hot flushes, restless legs syndrome, night sweats, and more. Cold temperatures have proven analgesic, anti-inflammatory, and vasoconstrictor effects.

CLIMSOM in cooling mode brings lasting comfort all night, replacing cold showers and menthol gel. It is, after all, a vein specialist, Dr. Tamburini, who conceived the idea for CLIMSOM.

Reversible at will, the CLIMSOM also can produce heat to relieve muscle aches, back pain, and lumbago; to prepare your bed during winter; to recover after strenuous exercise; or simply to relax.

## **Nocturnal well-being: a new way of sleep**

We all remember those few deeply repairing, peaceful, ideal nights we've had in our lifetimes.

That doesn't have to be the exception anymore. We all deserve nocturnal well-being because it has a tremendous impact upon the quality of our days and our lives.

CLIMSOM offers the sleeper's ideal temperature and allows for a restful sleep and an easier awakening.

The entire bed becomes soothing and lets you drift into a state of refreshing well-being.

## A MATTRESS TOPPER FOR TOP-RATED SLEEP

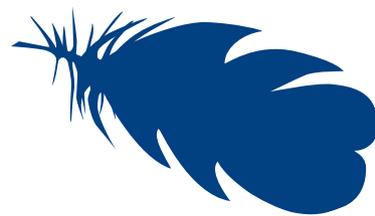
Apart from specific pathologies or situations, our sleeping environment's temperature can have a substantial impact on our nights well-being and consequently on our performance during the day.

According to studies and specialists, body temperature plays a very important part in the quality and duration of sleep.

Sleeping in a cool bed allows us to fall asleep more easily, to sleep better and more deeply, and to wake up more rested, both physically and intellectually.

*A remote control lets you activate your CLIMSOM and adjust the temperature without leaving your bed.*





# TOO HOT? CLIMSOM PROPOSES THE FIRST LOCALIZED AIR-CONDITIONING

## **CLIMSOM directly cools the surface on which you're lying.**

Do you seek out colder zones of your bed at night or flip your pillow for the cool side?

The "thermoregulation" offered by some mattresses retains or evacuates body heat, **but unlike CLIMSOM, they don't offer an additional cooling feature, which is the key to relief.**

You'll appreciate CLIMSOM's ability to cool your bed directly, especially in the following cases:

### **Heat wave, hot summer**

In summer, the heat of the air in your sleeping quarters adds to your body heat and can make nights difficult. A fan does nothing but brew hot air. An air conditioner cools the room but not the bed.

### **Menopause and hot flushes**

The menopause, often accompanied by hot flushes, is particularly difficult to support at night.

Armelle T., Viterne (gynecologist)

“ I have gone through menopause, and in spite of a hormonal treatment, I still sometimes have hot flushes at night that wake me up.

Besides, I always liked sleeping in cool sheets. I tried CLIMSOM. I adjust at 24° C with a start deferred by two hours. Since then, I do not wake up at night anymore, and I do not have to look for cool zones in my bed during the night!



### **Hormonal issues**

Hormonal issues can erode the capacity of the human body to control its temperature, as in the event of thyroid problems.

### **Pregnancy**

Expecting mothers regularly want to cool off. Hot flushes and night sweats are common occurrences during pregnancy and involve risks of dehydration.

## **Overweight**

Overweight or obese persons are particularly sensitive to heat excesses. Poor sleep statistically increases the risk of weight gain for adults and children. Good, regular sleep seem to regulate appetite naturally.

## **Night sweats and skin hygiene**

Perspiration is a natural phenomenon of the body trying to maintain a stable temperature. If heat excess and night sweats can be limited, the skin breathes better and is also healthier. Moreover, cold's vasoconstricting property produces skin-tightening relief.

Véronique P., Luxembourg

“ I tested CLIMSOM, and my nights have been peaceful ever since. Before, I would sometimes have to get changed twice a night, drenched in sweat by those cursed hot flushes. Now I adapt the temperature of the mattress topper to my physical temperature, and I finally have restful nights. ”



## HEAVY LEGS? CLIMSOM LIGHTENS THEM ALL NIGHT, EVERY NIGHT

**Venous insufficiency** appears by various symptoms: a feeling of weight in the lower extremities (heavy legs), phlebalgia (feelings of twinges), aches, or swollen feet.

**It affects the whole rhythm of life:** difficulty rising in the morning, waking up during the night, difficulty kneeling or climbing stairs, stress, nervousness, irritability... All this can lead gradually to painful and unaesthetic situations like varicose veins.

**The existing solutions in terms of comfort are restrictive and limited:** cold showers and menthol gel. However, **the common point of these solutions is that they use cold.**



CLIMSOM is an unprecedented solution of comfort **using the triple effect of coolness:**

> Cold is one of the best natural painkillers (**analgesics**). Relief is immediate and durable as long as the cold feeling is present.

> Cold acts on the four symptoms of inflammation: redness, heat, swelling, and pain. Moreover, it reduces the formation of hematoma and oedemas (like an **anti-inflammatory drug**).

> Cold encourages blood circulation by reducing the diameter of blood vessels (**vasoconstriction**). It keeps the blood in your veins from stagnating by stimulating the venous network.

François V., Thionville

“ My phlebologist diagnosed me with a venous insufficiency. I suffer from pains and intense heat in both legs, sometimes associated with cramps at night that disrupted my sleep. I was able to try CLIMSOM. It radically modified my sleep, making it deeper. My symptoms disappeared thanks to the cool brought by the mattress topper. After speaking with my doctor, he explained to me the analgesic effects of the cold and the effects of vasoconstriction on the veins. ”

## RESTLESS LEGS SYNDROME? CLIMSOM CALMS YOU AT NIGHT

Restless legs syndrome is a condition not yet entirely understood. Some symptoms can look like those of venous insufficiency. However, the cause is neurological. The patients feel, especially at the end of the day, an irresistible need to move, usually the lower limbs, but it can also relate to the arms and hips.

More and more CLIMSOM users have experienced a beneficial effect on both their ability to fall and stay asleep and the reduction of their urges to move.

Dr. Pérémarty, a physician specializing in sleep and graduate of the French company Research and Medicine of Sleep, mentions **nonmedicinal cooling thermotherapy CLIMSOM** on the "Impatience and restless legs syndrome" page of the site "Sleep and Medicine". He calls CLIMSOM "an interesting (and completely inoffensive) alternative to the drug treatments... The cooling of the bed seems to bring real relief, as much for the quality of falling asleep as for the complaint of restless moves often associated with it."

Daniel L., Stenay

“ I am 61 years old. I bike (3,500-4,000 km a year), but it does not prevent me from suffering from restless legs syndrome to the point that I dreaded going to bed. ”

*Awoken several times a night and in perpetual search for cool zones, my sleep was not restful.*

*As my surgeon did not see the necessity of an operation, I decided, upon the advice of my angiologist, to buy a CLIMSOM mattress topper. From the first night, I found true comfort. I adjusted the temperature between 24 and 26° C, and finally my nights are restful. ”*



## ACARIDS?

### CLIMSOM REMOVES HEAT AND SWEAT

To proliferate, domestic mites need two basic elements: heat and moisture. So it's not surprising that mattresses are one of their favorite places.

CLIMSOM applies the traditional remedy of cooler temperatures directly to the surface of the mattress! By cooling the mattress and limiting the night sweats of the sleeper, CLIMSOM is a natural weapon against acarids.

Fabienne C., Villers La Montagne

“ (...) I complete my letter to you by mentioning my acarid allergy. The bedroom had to be treated every two months with insecticide, but this is unhealthy, noxious, and environmentally unsafe. For the past five months, though, this has not been necessary, and I have not had any allergic reactions.. ”

## MUSCLE ACHES, BACK PAIN?

### GET A HOT-BATH EFFECT... IN YOUR BED

Application of heat to the lower back is part of physical therapy programs for back pain.

Heat **relaxes your muscles and relieves your body and mind**, alleviating stiffness and numbness. It also increases blood flow and supports detoxification.

Some will choose a moderate heat all night, others a more intense heat for 30 minutes to an hour.

Virginie M., Paris



“ Because of an accident, for more than a year I have recurring muscular problems in my back. They force me to lie down several times a day and to take painkillers and myorelaxants. Since I use CLIMSOM during the day for an hour or two (at 48° C) and three hours at night (at 41° C), not only I do have rejuvenating sleep and nights that are restful and relaxing, but I have also managed to lower my dependency on medication. ”

## SOME KEY FIGURES

**SLEEP.** One out of three people states they sleep poorly.

**HEAT WAVE.** Extreme heat waves can cause death for the elderly, ill, and the very young.

**MENOPAUSE.** One in six women is in menopause and experiences hot flushes and night sweats.

**THYROID.** One in 10 suffers from thyroid problems.

**PREGNANCY.** About 2 percent of women is pregnant each year.

**OVERWEIGHT.** Six out of 10 people are overweight or obese in the U.S. and about 1 in 3 in Europe.

**HEAVY LEGS.** One in three suffers from problem of venous insufficiency (three women for each man).

**RESTLESS LEGS.** Eight percent of the population suffers from restless legs syndrome.

**ACARIDS.** One out of 20 people admits allergy to acarids, and half of those follow a treatment plan. It is the second most common allergen after pollen.

**BACK PAIN.** Half of the population suffers from back problems, and 35 percent had lower back pain during the previous 12 months.

## TEAM UP WITH CLIMSOM FOR A GREAT NIGHT'S SLEEP

**CLIMSOM will support you every night, in every season, and at every stage of your life.**

It has so many indications that you'll find new uses for it all the time. Its installation and use are simple.

CLIMSOM is less expensive and easier to install than an air-conditioning system. It also saves substantial energy that would be used by heating and air-conditioning.

The device is discreet; its noise level is below that of a ventilator or a small air conditioner. You can even delay its start time.

Its manufacturing is built to last. European standards guarantee optimal safety and reliability. CLIMSOM has also BS Certification / flammability.

The thermal regulation of CLIMSOM is a natural treatment that will help you to limit your use of sleeping pills, myorelaxants, analgesics, and menthol gel.

**Nearly 1/3 of our time is spent sleeping, so our sleep deserves our attention and care.**



HOW WILL YOU SLEEP  
TONIGHT?



(climsom)

Price from £299

Product available at [www.climsom.com](http://www.climsom.com)

NEO FACTORY - CLIMSOM

[contact@climsom.com](mailto:contact@climsom.com)

PR Agency:

INDIGO PEARL

Tel : 020 8964 4545

Jon Pointing - [jon@indigopearl.com](mailto:jon@indigopearl.com)

Kirsty Endfield - [kirsty@indigopearl.com](mailto:kirsty@indigopearl.com)

James Beaven - [james@indigopearl.com](mailto:james@indigopearl.com)

[www.indigopearl.com](http://www.indigopearl.com)